

the buzz

July 2019

EMPLOYEE FITNESS CENTER

We all know we should be moving more, but did you know exercise can **boost your mood,** **sharpen your focus,** **reduce your stress and improve your sleep?**

And over time, regular physical activity can help you live a longer, healthier life. Get more active and start moving today by joining the **St. Louis City Fitness Center** in the Carnahan Courthouse.

The Fitness Center is located on the 7th floor in room 770 and is open 6 a.m.-6 p.m. Monday through Friday. The Fitness Center is free to use by full time, part time and per performance City employees as well as employees eligible under the City of St. Louis medical insurance plan. Employees will need to complete an equipment orientation before access will be given. Sign up today by contacting Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849.

Cardiovascular equipment

There are many benefits of cardiovascular or aerobic activity including stress reduction, weight management and reduction in health risks. This type of training gets our heart beating faster and 150 minutes per week is recommended. The Fitness Center can help! It is equipped with treadmills, recumbent bikes and elliptical machines.



Muscle strengthening

Incorporating activities that make our muscles work harder than usual at least two days per week will increase muscle and bone strength and help your body burn more calories. This could include push-ups, squats, resistance band exercises and more. The Fitness Center is equipped with a cross over cable machine, smith machine, abdominal machines, dumbbells, adjustable weight benches and resistance tubing. Come check it out!



Flexibility and more

End your workout with a cool down and stretch. Mats, foam rollers and yoga straps are available for your use. Be sure to check out the group fitness class schedule! Classes like Barre (using the ballet bar) and circuit training classes have taken place in the Fitness Center.



Locker rooms

A men's and women's locker rooms have been recently added to the Fitness Center. Both locker rooms are equipped with daily use lockers as well as showers with personal changing areas.



Mammography Screenings

Schedule your screening with the Siteman Cancer Center Mammography Van. Appointments must be made in advance by calling 314-747-7222 or 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. Appointments are strongly recommended and walk-ins will be accepted only as time permits.

MAMMOGRAPHY SCREENING SCHEDULE

July 24 12-6 p.m.	Family Courts	920 Vandeventer Ave., St. Louis, MO 63108
August 8 8 a.m.-3 p.m.	City Hall	1200 Market St., St. Louis, MO 63103
August 20 1-7 p.m.	Police Division-South Patrol	3157 Sublette Ave., St. Louis, MO 63139
September 10 9 a.m.-3 p.m.	Airport	10701 Lambert Intl. Blvd., St. Louis, MO 63145
September 20 8 a.m.-3 p.m.	1520 Market	1520 Market St., St. Louis, MO 63103
September 30 8:15 a.m.-1 p.m.	Water Division-Kingshighway	1640 S. Kingshighway Blvd., St. Louis, MO 63110

JULY Happenings

BLOOD PRESSURE CLINICS SCHEDULE

July 9 10-11 a.m.	City Hall 1200 Market St., Rotunda, St. Louis, MO 63103
July 9 12-1 p.m.	Family Courts 920 Vandeventer Ave., St. Louis, MO 63108
July 9 2-3 p.m.	Police Division-South Patrol 3157 Sublette Ave., St. Louis, MO 63139
July 16 12-1 p.m.	Airport 10701 Lambert Intl. Blvd., Human Resource Conference Rm., St. Louis, MO 63145
July 16 2-3 p.m.	Police Division-North Patrol 4014 Union Blvd., St. Louis, MO 63115
July 23 10:30-11:30 a.m.	1520 Market 1520 Market St., 2nd floor Bee-Fit Room, St. Louis, MO 63103
July 23 12:30-1 p.m.	Parks and Recreation 5600 Clayton Ave., Conference Rm., St. Louis, MO 63110
July 23 2:30-3:30 p.m.	Forestry Department 1415 N 13th St., Conference Room, St. Louis, MO 63106
July 30 12-1 p.m.	Police Division Headquarters 1915 Olive St., Cafeteria, St. Louis, MO 63103
July 30 2-3 p.m.	Police Division-Central Division 919 N. Jefferson Ave., St. Louis, MO 63106

Blood Pressure Clinics

A BJC nurse will confidentially record employee blood pressure measurements and provide on-site education. No appointment is needed to attend these clinics.

See the full 2019 Blood Pressure Clinic yearly schedule by visiting the [Employee Screenings](#) web page.

Group Fitness Class Schedule

Group fitness classes can be an exciting way to achieve your fitness goals in a supportive setting where you can build camaraderie with others. Classes are taught by certified fitness instructors from **MOVE** by BJC Fitness Center.

JULY GROUP FITNESS SCHEDULE

Tai Chi: A gentle practice rooted in martial arts that can have a positive effect on muscle strength, flexibility and balance while improving circulation, alignment and energy.

Mondays 11:45 am-12:30 p.m. at 1520 Market, 2nd floor Bee-Fit room

Yoga: A series of movements that utilize breath, holds and flows to increase strength, flexibility and balance.

Tuesdays 12-12:45 p.m. at Carnahan Building, room 921



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare